CLAIMS

[1] A metal halide lamp comprising:

an outer tube;

an inner tube that is provided in the outer tube, has a sealing portion in at least one end portion, and is made of quartz glass; and

an arc tube provided in the inner tube,

wherein a longitudinal central axis of the outer tube, a longitudinal central axis of the inner tube, and a longitudinal central axis of the arc tube are substantially coaxial, and

assuming that the outer tube has a maximum outer diameter A (mm), the inner tube has a maximum outer diameter B (mm), and the metal halide lamp consumes P (W) of power, the following relationships are satisfied:

$$0.06P + 15.8 \le A \le 25,$$

$$0.05P + 9.0 \le B$$
, and

15 $1.14 \le A/B$,

5

where P satisfies $20 \le P \le 130$.

- [2] The metal halide lamp according to claim 1, wherein assuming that the arc tube has a maximum outer diameter C (mm), the following relationship is satisfied: $0.05P + 2.2 \le C \le 0.07P + 5.8$.
- 20 [3] The metal halide lamp according to claim 1, wherein the inner tube is filled with nitrogen gas with a nitrogen gas pressure of 20 kPa or more when a temperature in the inner tube is 25°C.
 - [4] A lighting apparatus comprising:

 a bottom-surface-open-type lighting unit; and
- the metal halide lamp according to claim 1 that is mounted in the lighting unit.